

Seafood Casserole

Mrs. Henry Sabatier

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

1 cup white rice
1 cup wild rice
2 onions, finely chopped
2 cups celery, thinly sliced
1 green pepper, finely chopped
1 large can mushrooms
butter
2 cans (10-1/2 ounce ea) mushroom soup, undiluted
3 pounds shrimp, cooked and peeled
1 cup sharp cheese, grated
1/2 cup blanched, slivered almonds
1 pimiento, finely chopped
1/2 cup white wine
salt (to taste)
pepper (to taste)
paprika
parsley (for garnish), chopped

Preheat the oven to 325 degrees.

Cook each rice separately according to package directions.

In a saucepan, saute' the onions, celery, green pepper and mushrooms in butter until the onions are transparent. Add the soup. Stir until smooth.

In a bowl, combine the cooked rices, saute'd mixture, shrimp, cheese, almonds, pimiento and wine. Season to taste. Pour the mixture into a 2-1/2 quart casserole. Sprinkle with paprika and celery. Cover.

Bake for 45 minutes.

(This dish freezes well.)

Per Serving (excluding unknown items): 399 Calories; 6g Fat (13.3% calories from fat); 40g Protein; 42g Carbohydrate; 3g Dietary Fiber; 259mg Cholesterol; 503mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	399	Vitamin B6 (mg):	.2mg
% Calories from Fat:	13.3%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	44.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	42.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	45mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 259mg
Carbohydrate (g): 42g
Dietary Fiber (g): 3g
Protein (g): 40g
Sodium (mg): 503mg
Potassium (mg): 631mg
Calcium (mg): 131mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 22mg
Vitamin A (i.u.): 494IU
Vitamin A (r.e.): 110 1/2RE

Niacin (mg): 7mg
Caffeine (mg): 0mg
Alcohol (kcal): 10
% Refused: 0 0%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 5
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 399 **Calories from Fat:** 53

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	5%
Cholesterol	259mg	86%
Sodium	503mg	21%
Total Carbohydrates	42g	14%
Dietary Fiber	3g	12%
Protein	40g	
Vitamin A		10%
Vitamin C		37%
Calcium		13%
Iron		32%

* Percent Daily Values are based on a 2000 calorie diet.